



ST. CLOUD STATE
U N I V E R S I T Y
Biennial Review
in compliance with the
Drug-Free Schools and Communities Act

Submitted by the
Department of Health Promotion, Prevention & Recovery
December 2022

Certification of the Biennial Review:

As President of St. Cloud State University, I have read this report and support the Alcohol and Other Drug Policy.

Signature  Date: January 3, 2023

Introduction

The Drug-Free Schools and Communities Act requires institutions of higher education to conduct a biennial review of their alcohol and other drug policies and prevention programs in order to identify and implement needed changes.

The Biennial Review has two objectives:

1. To determine the effectiveness of, and to implement any needed changes to the Alcohol and Other Drug (AOD) prevention program, and
2. To ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.

The following is the report resulting from the Biennial Review of the Alcohol and Other Drug (AOD) prevention program implementation and policy development/enforcement at St. Cloud State University (SCSU) for the 2020-2021 (FY21) and 2021-2022 (FY22) academic years.

The Biennial Review report(s) can be found on the UChoose website. Reports from previous years can also be found in this same location or can be requested by contacting the Director of Health Promotion, Prevention & Recovery. The link to the website where the Biennial Review can be found is: <https://www.stcloudstate.edu/uchoose/default.aspx>.

SCSU AOD Prevention Program Goals

St. Cloud State University's AOD prevention program goals include:

1. Reduce harmful consequences of high-risk drinking among our students, by utilizing recommendations from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) the environmental management strategy framework recommended from the CollegeAIM;
2. Provide ongoing evidence-based education and prevention strategies for the university community for the purpose of preventing alcohol abuse and other drug use;
3. Provide a reasonable level of care for individuals who are misusing or dependent on alcohol or other drugs through education, counseling, referral, and treatment;
4. Comply with federal and state laws and statutes concerning AOD use and AOD abuse prevention;
5. Improve academic success, well-being, and retention of students;
6. Educate students in making informed lifetime personal choices regarding healthy behaviors; and
7. Provide a safe and welcoming campus environment where students in recovery can receive support while working to obtain a college degree.

St. Cloud State University's Prevention Program Brief History

In 2005, the high-risk drinking prevalence rate at St. Cloud State was 58.9% (CORE Survey). The 2006 University President Dr. Earl Potter committed to change and making campus a safer place for students. Efforts taken included: prioritizing Town-Gown relationships, restructuring leadership positions in the Student Life & Development office to focus on alcohol prevention and safety of students, making drastic changes to the Student Code of Conduct for Alcohol & Other Drugs, and adopting best-practices and data-driven approaches. The implementation of these best-practices occurred through the UChoose program. The U-Choose program was developed and implemented during the 2007-08 academic year and still exists today. UChoose is an evidence-based prevention effort that focuses reducing high-risk alcohol use, and empowering students to make informed choices about alcohol and other drugs.

St. Cloud State University is committed to working with our collaborative partners to reduce high-risk and underage drinking and any use of illegal substances. Given the nature of the pervasiveness of alcohol misuse and abuse, we have intentionally focused our prevention efforts around alcohol education and prevention. However, SCSU is continually working to develop evidence-based interventions for all substances of misuse and abuse.

CollegeAIM Utilization and Strategy Implementation

Individual-Level Strategies

Individual-level strategies aim to produce changes in attitudes or behaviors related to alcohol use rather than the environments in which alcohol use occurs. Expected outcomes, in general, are that a strategy may decrease an individual's alcohol use (e.g., frequency, quantity, or blood alcohol concentration) and/or alcohol-related risk-taking behaviors, thereby reducing harmful consequences.

Brief Motivational Intervention – UChoose Presentations & Impact Classes

AOD prevention staff and graduate assistants facilitate education outreach via UChoose presentations, programs and training across campus. Presentations occur in classrooms (particularly first-year classrooms), Residential Life trainings, and student leader meetings (orientation staff, student organizations),

- During the 2020-2021 academic year, 200 students attended a 45-minute U-Choose presentation.
- During the 2021-2022 academic year, 100 students attended a 45-minute U-Choose presentation.
- U-Choose education and prevention is also incorporated into various large-scale campus events (described later in the report). Through these brief interactions UChoose prevention education and materials were distributed to over 500 students throughout the FY21 & FY22 academic years. This number was down significantly from

past years – this is attributed to COVID and students not being able to gather for large events.

eCHECKUP TO GO

St. Cloud State purchases an annual subscription to the eCheckup To Go tool. This is an interactive, confidential web survey that allows students to enter information about their drinking patterns and receive personalized feedback about their alcohol use. It enables students to monitor changes in their drinking patterns and alert them to potentially dangerous habits. Whether or not students choose to drink, it is a valuable tool to understand personal drinking patterns and/or empower students to help someone they care about who may be drinking at a level that is concerning. The online assessment takes 15 minutes to complete and is self-guided. The personalized feedback include information about: quantity and frequency of alcohol use, SCSU student drinking habits, physical health information, consequences or high-risk drinking, and explanations, advice, and local referral information.

eCheckup To Go Utilization

ALCOHOL

2020-2021: 281 entries were recorded between July 1, 2020-June 30, 2021

2021-2022: 73 entries were recorded between July 1, 2021-June 30, 2022

CANNABIS

2020-2021: 43 entries were recorded between 7/1/2020-6/30/2021

2021-2022: 34 entries were recorded between 7/1/2021-6/30/2022

Other Educational Outreach Activities:

- Data continues to show that parents are their child's biggest influence when it comes to alcohol and other drug use. During Advising and Registration Days and through our Huskies Family Hub, parents are given resources to facilitate important conversations with their child prior to college; one of those conversations centers around students' alcohol use. The U-Choose website contains parent resource section, and can be accessed at: <https://www.stcloudstate.edu/uchoose/resources/parents-families.aspx>.
- Faculty and staff members can have substantial impact on the campus culture around alcohol use. The negative academic impacts students experience as a result of higher use and abuse of alcohol can include: more missed classes, less time spent studying, & lower GPAs. Lowering student alcohol consumption is one effective way to increase academic success. [The U-Choose website](#) has helpful information *specifically* for faculty and staff. We offer classroom presentations, syllabi content suggestions, and strategies to talk with students and offer assistance. **Appendix B** includes a screenshot of the website content.
- Student conduct administrators utilize motivational interviewing techniques when meeting with students for alcohol or other drug related incidents.

Environmental-Level Strategies

Environmental-level strategies aim to change the alcohol use environment in the campus, community, or both, and thus can affect the student body as a whole or in large subgroups such as those under age 21.

Alcohol Free Options/Promoting a Healthy Normative Environment

Atwood After Dark (AAD)

The Huskies Activities & Events Team (HEAT) sponsors Atwood After Dark 2-3 times each semester on Friday nights. These events, held in the Atwood Memorial Center (our campus student union), are comprised of numerous activities, and generally run 9 pm – 12 am.

Late Night Events

As a campus, we host late night events, often strategically scheduled during what research has shown are high-risk drinking time periods. For example, during move-in weekend the orientation committee works to ensure that there are numerous late night event offerings.

Huskies Events & Activities Team sponsors weekly movies that run Thursday-Sunday evenings. They also coordinate other late night entertainment and programs multiple times each semester.

Student Organizations/Cultural Groups

There are over 200 student organizations at SCSU. Some are specifically focused on health and wellness:

- *S.T.A.R.S.: Students Taking Action in Recovery and Service* promotes having fun without the use of drugs and alcohol. A secondary mission of this group is to be of service to the community.
- *Active Minds SCSU* is a national non-profit organization working to raise mental health awareness on campus

Social Messaging/Social Norms

Through the College Student Health Survey (CSHS), facilitated annually by Boynton Health Services at the University of Minnesota, we regularly assess the health behaviors of a random sample of SCSU students. Our most recent data set from 2020 can be found here: <https://www.stcloudstate.edu/sld/health-survey.aspx>. Social norms theory suggests that students make decisions about alcohol use based on their perceptions or misperception of other students' use. The theory states that students often misinterpret the alcohol use of their peers in an unhealthy manner. After assessment of actual behaviors via the CSHS, we market various healthy norms utilizing various print and social media platforms. (See examples included in **Appendix C**).

Options for Students in Recovery

The Recovery Resource Center supports St. Cloud State University students who have struggled with substance misuse and addiction and are now committed to sobriety. The Recovery Resource Center (RRC) is open to all students. For students who are interested in becoming a fully participating member of RRC, a commitment agreement online application is required. Benefits of membership include: scholarship opportunities, sober social events on and off campus, access to coffee/snacks, printing, honor cords, and recovery medallions. A Recovery Roommate Matching Program provides students in recovery who are committed to continuing their education and who prefer to live on campus a healthy and supporting environment. The RRC hosts weekly AA, NA, and All Recovery meetings. There are an average of fifty AA meetings offered within the St. Cloud community each week and approximately ten weekly NA meetings.

Restricting Alcohol Marketing/Promotion

The campus alcohol and other drug policy restricts alcohol-related marketing in all university publications, by student organizations, and on-campus in general. The one exception remains the student media, specifically the student newspaper, *The University Chronicle*.

Campus Policy and Enforcement

St. Cloud State University aspires to foster an academic community that promotes the intellectual, personal, social, and ethical development of its students. To achieve this, the University expects all members of the educational community to create safe environments conducive for the learning, growth, and success of all.

[The St. Cloud State University Student Code of Conduct](#) documents our commitment to upholding these standards and expectations. It ensures both fair and educational processes for determining responsibility when student behavior may have deviated from these expectations and provides appropriate educational sanctions when a student, student organization, or club has not met these standards as set forth in the Student Code of Conduct.

Any student, student organization, or club alleged to have violated an established University policy, no matter when discovered, is subject to the student conduct process, according to the provisions outlined in the St. Cloud State University Student Code of Conduct. Regulations and policies should be interpreted broadly and are not designed to define misconduct in exhaustive terms. Additionally, allegations of violations of local ordinances, state, or federal laws may subject a student, student organization, or club to the University student conduct process. The Student Code of Conduct does not replace or reduce the requirements of civil or criminal laws.

The Office of Community Standards (formally Student Conduct) resides within the Dean of Students Office and Division of Student Affairs. Personal conduct on University premises or at University activities is subject to University jurisdiction. The University also may enforce the Student Code of Conduct, regardless of where misconduct occurs, when conduct by a student,

student organization, or student club directly, seriously, or adversely interferes with or disrupts the educational mission, programs, or other functions of the University. The University reserves the right to take necessary action to protect the safety and welfare of the University community.

University Student Conduct procedures have been established to guide the fair and equitable interpretation and enforcement for any student, student organization, or club alleged to have violated the Student Code of Conduct. Student conduct procedures are designed to allow for fact finding, decision making in the context of an educational community, and to encourage students to accept responsibility for their actions. The intent is to provide adequate procedural safeguards to protect the rights of the student, student organization, or club and the legitimate interests of the University.

The Student Code of Conduct outlines the following as prohibited conduct specifically related to alcohol and other drugs:

- Unauthorized use, possession, manufacture, or distribution of any controlled substance or illicit drugs and/or drug paraphernalia. This definition is applicable for alleged violations of the St. Cloud State University Alcohol and Other Drug Policy. www.stcloudstate.edu/policies/categories.
- Use, possession, or distribution of alcohol on University premises or University-sanctioned or sponsored events except as expressly permitted by University policy. Violation of local and state alcohol laws off-campus, including but not limited to, underage consumption or sale, hosting or provision of alcohol to underage individuals. This includes any violation of the St. Cloud State University Alcohol and Other Drug Policy.

[SCSU's Alcohol and Other Drug Policy](#) further clarifies expectations for students' on and off-campus, prohibits disruptive use of alcohol (aimed at students drinking off-campus and causing problems on-campus), and restricts alcohol advertising on campus.

On Campus Enforcement

The training model for Public Safety officers and Residential Life staff has been consistent in training all staff to:

1. Uphold University policy, local and state law regarding alcohol and other drugs and
2. To enforce University policy regarding alcohol and other drugs.

All staff are instructed to document situations that may involve alcohol or other drugs. Staff are instructed to call local authorities if the situation warrants police involvement.

To ensure consistency, professional staff from Public Safety, Division of Student Affairs and Residential Life routinely review conduct cases respectively.

SCSU provides each student an opportunity to respond to allegations of alcohol/drug violations during a conduct hearing. Students are sanctioned on a case-by-case basis, after evaluation of the totality of the given incident with consideration of conduct history. Following

a hearing, students who are found responsible for a first-time alcohol or drug violation are given a letter with optional educational resources. Subsequent sanctions may result in being assigned educational courses on campus. Students may face additional sanctions including, but not limited to:

- IMPACT programming
- Probation
- Housing Contract Cancellation
- Suspension
- Expulsion

The Department of Residential Life has a policy that strictly prohibits the use of any illegal drugs in the residence halls, including cannabis. Students found responsible for violations of this policy are subject to Housing Agreement Termination.

Off Campus Enforcement

Staff and conduct officers from the Office of Community Standards and Dean of Students Office enforce the Student Code of Conduct. SCSU works with the St. Cloud Police Department in the enforcement and education regarding alcohol and other drug policies and laws.

Annual Campus Security and Fire Report

The data below is from the University's [Annual Campus Security and Fire Report](#) required by the *Clery Act* (Submitted by Public Safety Department). This shows the number of persons arrested for liquor and drug law violations and referred for alcohol or other drug policy violations during the *calendar* years of 2020-2022.

The decline in alcohol related violations are inconsistent with the increases we have seen in self-reported peak BACs among our student population. and our campus high risk drinking numbers.

Offense	Year	Total
Liquor Law Arrests: Per guidance provided by the Minnesota Attorney General's Office, individuals cited for underage and minor consumption offenses are not considered to be in possession of alcohol and therefore are not in violation of a liquor law under the Clery Act.	2020	0
	2021	0
Liquor Law Violations Referred for Disciplinary Action	2020	96
	2021	11
Drug Law Arrests	2020	0
	2021	0
Drug Law Violations Referred for Disciplinary Action: Per guidance provided by the Minnesota Attorney General's Office, individuals cited for possession of a small amount of marijuana or possession of drug paraphernalia have not committed a crime and therefore are not in violation of a drug law under the Clery Act.	2020	0
	2021	0

Below are links to additional policies that address alcohol and other drugs on campus:

- *The Department of Residential Life Student Handbook:*
https://www.stcloudstate.edu/reslife/_files/documents/handbook-Res-Life-Policies.pdf
- [Student Organizations Guidebook](#). Updated Spring 2021.

Sanctioned Programming for Students Referred for Conduct Action

Students who are found to have violated the alcohol and marijuana policies in the Student Code of Conduct (on and off campus) may be referred to the IMPACT Program. Currently, four levels of IMPACT for alcohol are offered. An initial violation of the Student *Code of Conduct* involving alcohol usually results a letter from the Office of Community Standards with optional educational resources. Subsequent violations may result in referral to IMPACT-I, IMPACT-II, and so on. IMPACT-Community addresses high-level alcohol violations including social host and disruptive intoxication. IMPACT-M courses are for sanctioned students with marijuana-related violations. Currently there are two levels of IMPACT-M offered. IMPACT classes all utilize best practice data driven approaches. Each class utilizes theories of motivational interviewing, norms clarification, BASICS, and psycho-education. The IMPACT classes also utilize pre and post test data to evaluate effectiveness. The following pages describe the different IMPACT offerings and completion numbers for the ***academic years*** covered by this report.

IMPACT-I & II

Format:	Individual & Small Group (max = 6)	
Location:	Eastman Hall and Online	
Audience:	Sanctioned students for first & second alcohol related violations	
Prerequisite:	Pre-IMPACT e-CHUG assessment	
Assessment:	Post-IMPACT 90 day follow-up assessment	
Duration:	90 Minutes	
Taught:	GA & Director for Health Promotion Prevention & Recovery	
Scheduling:	Online	
Frequency:	On-Demand	
Historical #:	Impact-I	Impact-II
	36 – FY22	0 – FY22
	75 – FY21	4 – FY21
Data:	58% reduction of self-reported BAC at 90 days post IMPACT (Appendix E) Student feedback of program very supportive in terms of quality of presenters and overall content	

Impact-I Description:

IMPACT-I begins with an interactive exploration of why students drink and the potential consequences of high-risk alcohol use. The class then focuses on basic psycho-education on

the effects of alcohol. Students participate in an interactive “pouring demo” that helps students understand a standard drink.

Impact-II Description:

IMPACT-II begins with a review of IMPACT-I content to assess retention and reinforce initial message. IMPACT-II presents students with a more sophisticated look at potential problems from alcohol use. We review the research to help students understand that expectancies can lead to outcomes. Students go through an interactive discussion on: alcohol expectancies & effects, alcohol myopia and poor judgement, alcohol-related memory impairments, norms clarification, and alcohol & other drug interactions.

IMPACT-III & IV

Format:	One-On-One
Location:	Eastman Hall
Audience:	Sanctioned students for third & fourth alcohol related violations
Prerequisite:	completion of Impact I, II, III, e-CHUG assessment
Assessment:	e-CHUG: Individualized online feedback
Duration:	1-2 60 minute sessions
Clinician:	Director for Health Promotion, Prevention & Recovery
Scheduling:	Students need to call Impact after completing the online sign-up
Frequency:	As needed
Historical #:	4- FY19 3- FY20
Data:	TBD (sample too small)

Impact III & IV Description:

These sessions are tailored to the specific client. The session includes an intake form that reviews the client’s drug & alcohol history and alcohol incidents which led to this session being scheduled. Motivational Interviewing techniques are used in the session to talk through the violations and when discussing potential and recommended options for the client. Clients are offered the opportunity to come back again to continue working through the issues discussed in the initial session and revisit established goals/plan of action (if one was determined) to reduce likelihood of further alcohol-related problems.

Goals:

- Discuss various options or recommendations including formal chemical dependency treatment if warranted
- Help provide accurate information to the student on potential underlying issues which may be related to the client having repeated alcohol related sanctions.
- Reduce likelihood the client will incur alcohol related problems whether legal, academic, relational, or psychological.
- Assess for psychological and chemical use related struggles.

- Provide accurate information to the client on the potential underlying issues that may be related to them having continued alcohol related sanctions and offer support and resources to enhance future success as a student.

IMPACT-M (Marijuana)

Format:	Individual	
Location:	Eastman Hall	
Audience:	Sanctioned students for marijuana-related violations	
Prerequisite:	e-TOKE assessment	
Assessment:	e-TOKE: Individualized online feedback	
Duration:	90 Minutes	
Taught:	GA & Director for Health Promotion, Prevention & Recovery	
Scheduling:	Online	
Frequency:	As Needed	
Historical #:	Impact-M	Impact-M2
	6 – FY22	0 – FY22
	3 – FY21	0 – FY21
Data:	TBD – (sample too small)	

Impact-M Description:

IMPACT-M begins with interactive exploration of marijuana as a drug and how it affects individuals. The class attempts to provide students with accurate information about marijuana without getting into discussions on legality or myth. The presenters attempt to make a strong link between academic success, career path, and overall satisfaction with life and the use of marijuana. The class ends with the “Marijuana Challenge.” Students are challenged to take five weeks and be completely abstinent and determine if they are better students, have higher quality lives, and better overall life satisfaction. After about five weeks, the active chemicals should have passed through the body and the majority of the negative effects should be gone. Note: students may still fail a drug test after five weeks.

Impact-M2 Description:

IMPACT-M2 is a session tailored to the specific client. The client completes an intake form that reviews the client’s drug & alcohol history and the cannabis incident/s which led to the sanction to Impact-M2. Chemical use history is updated, with particular focus on use pattern, high risk use prevention strategies employed, as well as circumstances and decision making which led to the most recent cannabis sanction. Motivational Interviewing techniques are used in the session to talk through recommended options for the client. Clients are offered the opportunity to come back and meet again to continue working through the issues discussed in the initial session and revisit established goals/plan of action (if one was determined) to reduce likelihood of further chemical-related problems and find ways to enhance student success and matriculation to graduation.

Content:

- Cannabis(Marijuana) The Drug: Why is it hard to classify?
- Physiology Of THC: Effected brain centers and the likely cognitive, emotional, and behavioral impact
- Half-life Of THC: How might weekend smokers still be impacting their academics?
- *"It's Organic and Perfectly Safe"*: A break down of the myths of marijuana including carcinogens, long term use, sexual repercussions, and others
- *"I thought it wasn't addictive...so why do I feel like crap after I quit"*: Cannabis Physical and Psychological Withdrawal
- What Role Does Cannabis Play In Your Life: How do you know you are experiencing negative effects when you brain is affected?
- Norms Clarification
- Safety Factors and Reduction Of High-Risk Behaviors
 - Reduce likelihood the client will incur future cannabis related problems whether legal, academic, relational, or psychological.
 - Assess for psychological and chemical use related struggles.
 - Provide accurate information to the client on the potential underlying issues that may be related to them having continued alcohol related sanctions and offer support and resources to enhance future success as a student.

Health Protection

We have numerous health protection facets within our AOD prevention program. These facets occur across the continuum starting from the affected individual, to the institution, and the larger community.

The Public Safety Department and the Residential Life staff are trained to be alert for students or others on campus who show signs of incapacitation and may be in need of emergency medical treatment. Prompt actions of these individuals has allowed for critical interventions in certain situations where preventing further harm from overuse or misuse of alcohol/drugs becomes necessary.

- There are numerous opportunities for students to receive counseling and other support services. Students can utilize Counseling and Psychological Services (CAPS) on campus. Our campus also employs a full-time Case Manager who can assist as needed and who is best able to discuss services and referrals for students who may need intervention in addressing the short-term consequences of alcohol consumption.
- We offer several free, confidential online self-assessment options for students concerned about their chemical health. Links to these assessments can be found via the following link: <http://www.stcloudstate.edu/counseling/resources/assessments.aspx>

- The UChoose program regularly distributes and disseminates health protection messages in the form of magnets, posters, and brochures that are distributed across campus.
- The Peer Education team (Healthy Huskies) regularly engages students while tabling in highly trafficked areas of campus. The team distributes health promoting messages throughout the academic year, but also provide targeted messages during high-risk times such as Halloween, finals week, and spring break.
- The Recovery Resource Center hosts Naloxone/NARCAN trainings. These trainings are widely publicized and staff, faculty, and students are encouraged to attend.
- SCSU actively educates students about our “Good Samaritan” clause. In 2013, Minnesota adopted a Medical Amnesty Law, which aligns with our policy. The law states that an individual may be immune from prosecution for violating the underage consumption law if the individual, or another person, contacts a 911 operator to report the need for medical assistance for an immediate health or safety concern, provided that the person who initiates contact is the first to make such a report, provides a name and contact information, remains on the scene until assistance arrives, and cooperates with the authorities at the scene. The U-Choose staff educates the campus community about this exception via presentations, posters, social media, etc. A sample of posters used on campus can be found in **Appendix D**.

Annual Notification Procedures

St. Cloud State University is required by the DFSCA to provide an annual notice regarding alcohol and other drugs to all students and employees. The annual notice must include information on:

- university policy and sanctions regarding alcohol and other drugs
- campus and community resources for assistance with alcohol and other drug issues
- legal sanctions for violating federal, state or local laws regarding illegal use, possession, or distribution of alcohol and other drugs.

The Division of Student Affairs sends the annual notice by broadcast email to all students once each academic year. Human Resources sends the notice electronically to all employees concurrently. The annual notification can be found on the University website via the following link: <http://www.stcloudstate.edu/sld/annual-notification.aspx>

Evidence of Program Effectiveness

SCSU has had a longstanding commitment to gathering health behavior data related to alcohol and other drug use and its consequences. SCSU has participated in the College Student Health Survey (CSHS), facilitated by Boynton Health Services at the University of Minnesota annually from 2008-2020. We participated in 2017, and have now transitioned to a model of participating in the survey every third year. The data collected allows us to understand

behaviors related to alcohol and other drug use by our specific campus population, and monitor trends relative to campus prevention efforts. **Appendix F** outlines trend data relative to evaluating the effectiveness of our prevention strategies over time. Copies of the full College Student Health Survey reports from 2008-2020 can be found here: <https://www.stcloudstate.edu/healthwellness/data.aspx>.

The U-Choose program continues to partner with the City of St. Cloud and Waite Park to offer the IMPACT Diversion Program. This is a joint program between St. Cloud State University, the City Attorney’s office, and the St. Cloud Police Department. This program is designed to offer individuals who have been charged with an underage alcohol violation in the city of St. Cloud the opportunity to receive alcohol education and prevention services in lieu of a permanent citation and fine. These IMPACT Diversion classes cover the same content as the IMPACT-I and IMPACT-II classes. Individuals who successfully complete the program will not have the citation entered on their record. The IMPACT Diversion Program is an example of an environmental best practice initiative. It seeks to change the overall environment in which our students live. Our students interact, socialize, and live with similarly aged non-students. This program attempts to decrease high-risk drinking of non-students, which should change the drinking environment in a healthy direction for our students.

Recommendations/Progress from Last Biennium

- **Recommendation 1:** Develop and enhance virtual options to expand AOD prevention and Health Promotion programming.
 - **Progress:** Much of our health promotion programming over these two years was offered virtually due to COVID-19. These are now available for us to refer students back to when they want to consume information virtually. We are seeing many students with interest in learning the information in-person, to understand the concepts more fully. AOD sanctioned courses were also offered online, and we’ve seen an interest in keeping that option available to students. They prefer the convenience of these tools virtually versus in-person. Both in-person and virtual options are available to students.
- **Recommendation 2:** Develop intervention tool to offer Wellness Coaching after attending IMPACT. Enhance Wellness Coaching collaborations with undergraduate and graduate programs to improve overall student health and wellness.
 - **Progress:** We offered Wellness Coaching to students who participated in the IMPACT program, but there was low interest.
 - Wellness Coaching experienced growth and success in FY21 & FY22.

	Coaches	Hours	Clients	Completed Sessions
2018-2019	4	4	23	62
2019-2020	8	30	94	245
2020-2021	12	70	90	286
2021-2022	13	45	142	302

- 96% of participants would recommend Wellness Coaching to other students at SCSU.
 - 98% of participants said their coach made them feel comfortable discussing their wellness goals.
 - 68% of participants report they are fitting in at SCSU as a result of Wellness Coaching.
 - Student clients experienced a 21% increase in their ability to initiate positive change in their behavior because of Wellness Coaching.
 - Student clients experienced a 27% increase in their ability to maintain positive behavior change because of Wellness Coaching.
- **Recommendation 3:** Conduct a review of AOD Programming, Prevention & Enforcement from a racial/social justice lens to assure programs are inclusive, equitable and culturally appropriate.
 - **Progress:** The area of Student Life and Development formerly known as “Student Conduct Programs” is now the “Office of Community Standards”. While the office is still responsible for oversight of the Student Code of Conduct, the name change reflects our commitment to broaden the scope of the office to include informal resolution options and seek to align sanctions with Our Husky Compact. The name emphasizes the aspiration of positively and proactively helping all students to live into the standards of St. Cloud State University, the various professional standards of our majors, and standards for student organizations, residence life, and other communities within the institution. As numbers in the AOD Programming, Prevention & Enforcement were extremely low during this Biennium it is difficult to get accurate data. The review of our programs through a racial/social justice lens to assure programs are inclusive, equitable, and culturally appropriate is on-going.
- **Recommendation 4:** Continue to develop and enhance support services for all students in or contemplating recovery through a variety of virtual and in-person options.
 - **Progress:** Recovery program growth was limited during this biennium due to COVID-19 and lack of a program coordinator. Despite these challenges, the program did not get smaller; which is viewed as a significant win. The students who were a part of the program engaged in online group meetings when in-person options were not available. We increased the visibility and updated the website to be more student-friendly to resources and assistance.
- **Recommendation 5:** Review current cannabis education programs to better position ourselves to adjust and respond to the national changes in laws regarding use.
 - **Progress:** As laws continue to change in each state and our students are not all in-person at St. Cloud State. We stay abreast of the current laws and policies and focus our health promotion efforts around health and potential academic impacts. A change we made is using the term “cannabis” instead of marijuana; and discussing THC levels in the products. We reviewed our programs and found the content to be relevant and educational for students.

Recommendations for Next Biennium (FY23 & FY24)

- **Recommendation 1:** Redefine and repopulate the campus Alcohol & Other Drug Advisory Board.
- **Recommendation 2:** Create a plan to incorporate mental health & alcohol prevention curriculum into campus orientation plan.
- **Recommendation 3:** Promote online alcohol assessments and alcohol education through online platforms for all students.
- **Recommendation 4:** Participate in and review data from the 2023 College Student Health Survey. Launch a comprehensive social norming campaign with the new data.

Appendix A

The College Alcohol Intervention Matrix is a resource from NIAAA to help schools address harmful and underage student drinking. Developed with leading college alcohol researchers and staff, it is an easy-to-use and comprehensive tool to identify effective alcohol interventions. While there are numerous options for addressing alcohol issues, they are not all equally effective. CollegeAIM can help schools choose interventions wisely—boosting their chances for success and helping them improve the health and safety of their students. Here are our selections for FY23&FY24.



STRATEGY PLANNING WORKSHEET

Use this worksheet or download a copy to capture your thoughts about your current strategies and new ones you'd like to explore. Keep in mind:
Priorities: Which alcohol-related issues are of most concern to your campus? Make sure your school's needs and goals are well defined, and keep them front and center as you fill in the worksheet.
Effectiveness: Does research show that your current strategies are effective in addressing your priority issues? Might others be *more* effective?
Balance: Realistically assess what you can do with your available resources. Strike a balance, if possible, between individual- and environmental-level strategies, and between strategies that will face few barriers and can be put in place quickly and others that may take longer to implement. Consider the financial cost relative to the program's expected effectiveness and the approximate percentage of the student body that the strategy will reach.

CURRENT STRATEGIES							
Strategy Name (and the IND or ENV identifier from CollegeAIM, if applicable)	Individual or Environmental?		CollegeAIM Ratings				Notes and Next Steps: Keep as is? Modify to boost effectiveness? Add complementary strategies? Shift to more effective options?
	✓ IND	✓ ENV	Effectiveness	Cost	Barriers	Reach: Broad or Focused (% of students)	
Personalized feedback intervention (PFI): eCt	✗		***	\$	#	Broad	Promote more online. Offer incentives for completion.
Brief motivational intervention (BMI): In-person	✗		***	\$\$	##	Focused	Consider referring after 1st alcohol violation.
Skills training, alcohol plus general life skills o	✗		**	\$\$	#	Broad	Offer in-person and virtual options
Brief motivational intervention (BMI): In-person	✗		**	\$\$	##	Focused	Consider referring after 1st alcohol violation.
Retain age-21 drinking age		✗	***	\$	##	Broad	Effective law - no edits needed.
Enact social host provision laws		✗	***	\$	##	Broad	Effective law - when it is enforced.
POSSIBLE NEW STRATEGIES							
Strategy Name (and the IND or ENV identifier from CollegeAIM)	Individual or Environmental?		CollegeAIM Ratings				Notes and Next Steps: Staff training or hiring needed? Other resources? Does the strategy require a plan for conducting an outcome evaluation?
	✓ IND	✓ ENV	Effectiveness	Cost	Barriers	Reach: Broad or Focused (% of students)	
Conduct campus-wide social norms campaignr		✗	*	\$\$	#	Broad	Use 2023 CSHS data to create new campaign.
Establish amnesty policies		✗	?	\$	#	Broad	We have this already, but can do better at promoting it to stude

Appendix B

UChoose

- About UChoose
- Safety
- Impact/Diversion
- Recovery Community
- Resources**
- Parents & Families
- Faculty & Staff**
- Events and Activities
- Contact Us
- UChoose Home

Faculty & Staff

Faculty and staff members have substantial impact on the campus culture around alcohol use. The negative impacts of higher use and abuse of alcohol include:

- More missed classes
- Less time spent studying
- Lower GPAs

Lowering alcohol consumption is one effective way to increase academic success.

Strategies that increase academic success are something everyone on campus can support and encourage.

How to support campus prevention efforts

- + Use your syllabus
- + Debunk student misperceptions
- + Identifying students at risk
- + Steps for offering assistance
- + Schedule a UChoose presentation
- + Take advantage of teachable moments

Appendix C

The poster below is an example of how we utilize the data gathered from the College Student Health Survey to correct misperceptions about alcohol related behaviors on campus.

SCSU PARTY SCHOOL?
If students drink, their average Blood Alcohol Content (BAC) is **.07** think again.

40% of students have NOT consumed alcohol in the past 30 days.

70% SCSU Students
65% National Average

Percentage of students that have NOT drank at **HIGH RISK-LEVELS** (5 or more drinks in a 2 hour sitting)

- 47% have not used prescription drugs
- 44% have not been in a physical fight
- 50% have not used illegal drugs
- 44% have not had sexual intercourse
- 44% have not missed a class
- 44% have not had vomiting
- 44% think they would call 911 if they saw someone experience alcohol poisoning

Students who drink 5 or less drinks per week experience 83% fewer negative alcohol-related consequences than those who consume 6+ drinks per week.

80% of students consume 4 or less drinks per week.
Average number of drinks consumed per week = 3.7

#UNLEASHAMAZING

HEALTHY HUSKIES | CHOOSE YOUR LIMITS YOUR OUTCOMES | CSP

* Data is from the 2017 College Student Health Survey (Survey results can be found at the SCSU Student Life & Development website). National data is from the 2017 National College Health Assessment.

IF YOU CHOOSE TO DRINK, KNOW HOW MUCH YOU ARE ACTUALLY DRINKING.

DO YOU KNOW WHAT A STANDARD DRINK LOOKS LIKE?

125 OZ. ONE DRINK | 80 PROOF 40% ALCOHOL

40% OF SCSU STUDENTS CHOOSE NOT TO DRINK
HOW DO WE KNOW? YOU TOLD US ON THE 2017 COLLEGE STUDENT HEALTH SURVEY!

CHOOSE YOUR LIMITS YOUR OUTCOMES

SCSU Party School? THINK AGAIN!

Average BAC level: 0.07 | 92% of students have not let alcohol impact school

90% have not missed a class due to alcohol consumption

88.1% do not use marijuana | 93% have not used an illicit drug

92% of students would call 911 if they saw someone experience alcohol poisoning

HEALTHY HUSKIES | 320-308-4179 | @HealthyHuskiesSCSU | hthpro@stcloudstate.edu

HEALTHY HUSKIES | CHOOSE YOUR LIMITS YOUR OUTCOMES

College Student Health Survey 2020

DID YOU KNOW:

92% of SCSU Students have NOT let alcohol impact school

HEALTHY HUSKIES | CHOOSE YOUR LIMITS YOUR OUTCOMES

Appendix D

The poster below is an example of our efforts to educate students about The Good Samaritan policy at SCSU. The chart includes data relative to students' likelihood of calling 911 to get help for a friend suffering from alcohol poisoning.

HUSKIES LOOK OUT FOR THEIR PACK!

THE GOOD SAMARITAN POLICY

A "Good Samaritan" exception for violations of the Alcohol and Other Drug Policy will be recognized and honored. A student, who may be in violation of the Alcohol and Other Drug Policy, but comes to the aid of another student by seeking professional help, will not be cited for an alcohol and other drug policy violation through the University student conduct process.

FOR MORE INFORMATION PLEASE SEE THE SCSU STUDENT HANDBOOK AT: www.stcloudstate.edu/studenthandbook

FOR MORE INFORMATION REGARDING MINNESOTA IMMUNITY STATUTE PLEASE VISIT: www.revisor.mn.gov/statutes/?id=340a.503

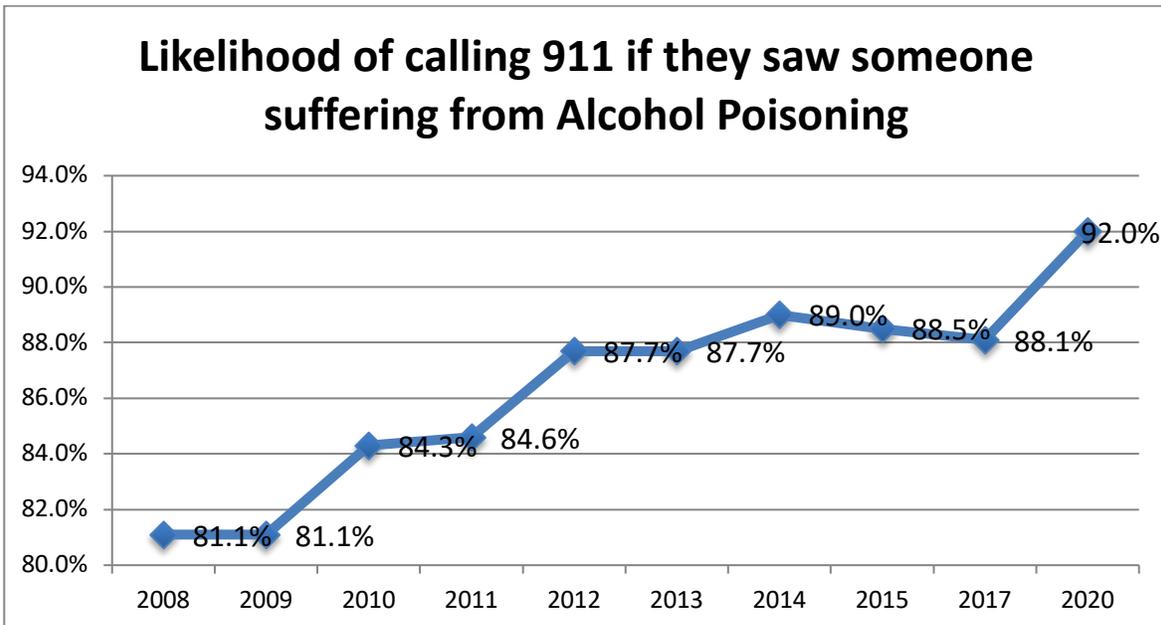
88% OF SCSU STUDENTS SAID IF THEY SAW SOMEONE SUFFERING FROM ALCOHOL POISONING THEY WOULD CALL **911**.

How do we know? You told us on the 2017 College Student Health Survey!

ST. CLOUD STATE UNIVERSITY
EDUCATION FOR LIFE

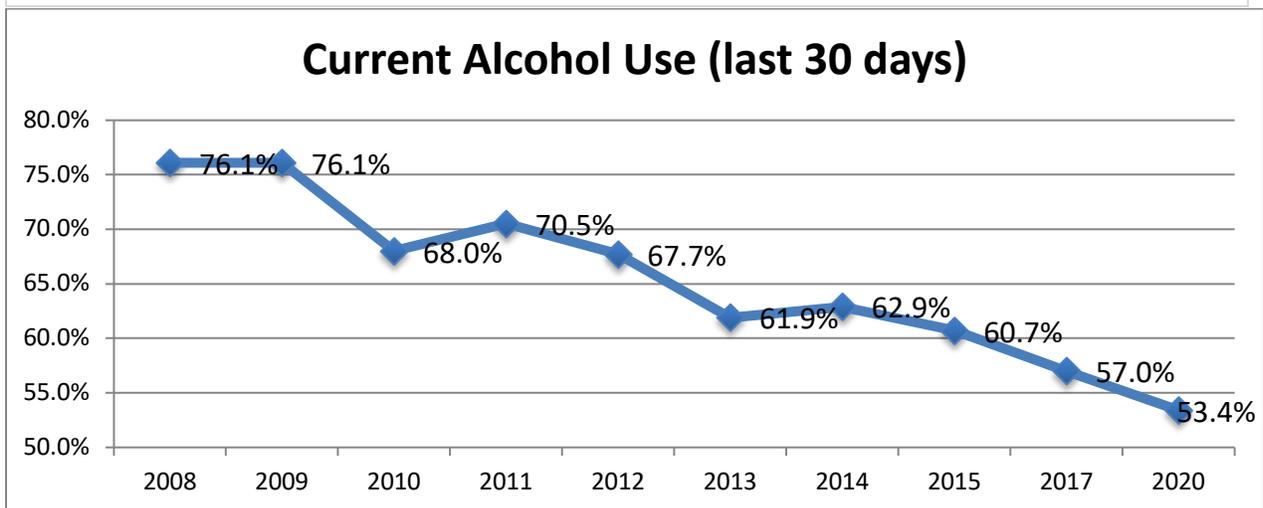
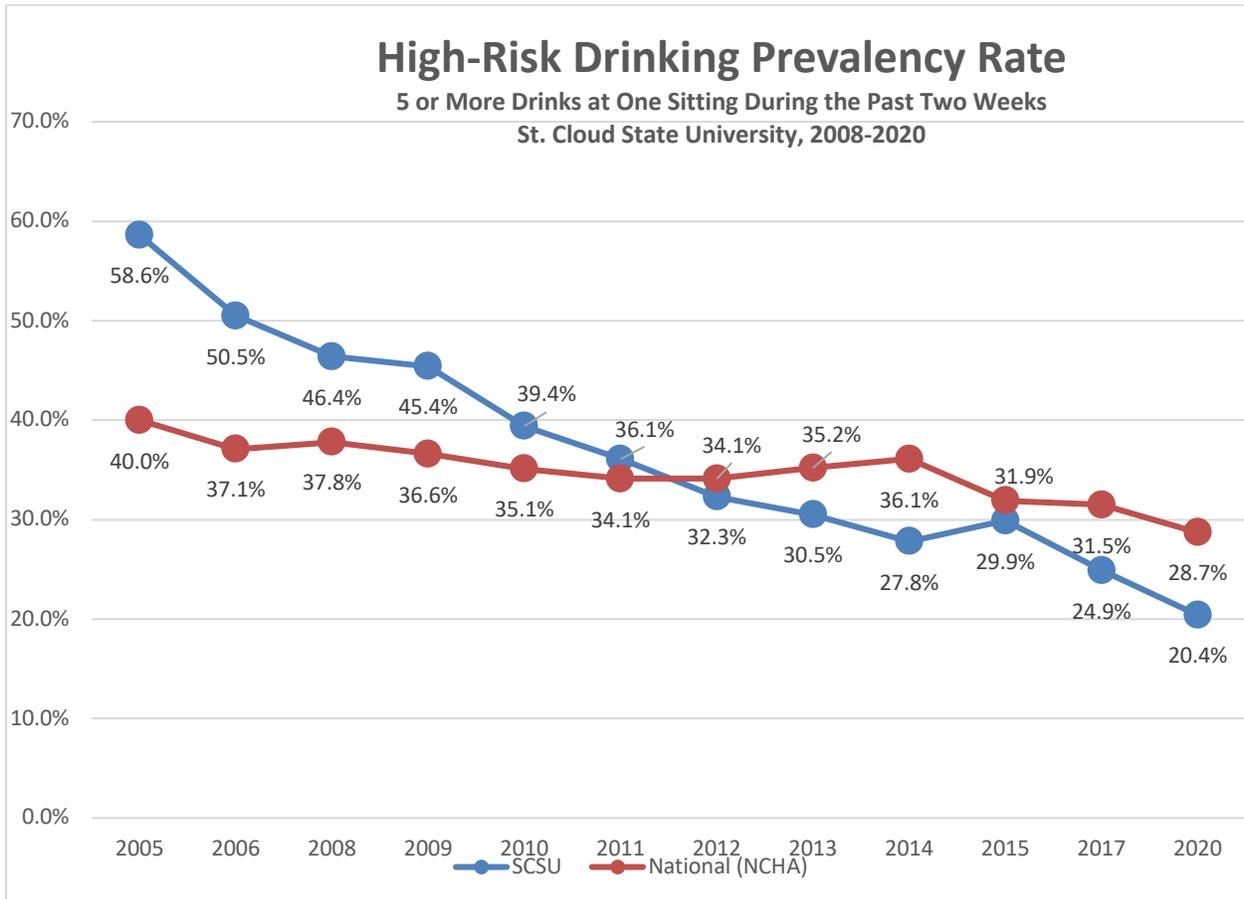
U CHOOSE
✓ YOUR EXPERIENCE
✓ YOUR LIMITS
✓ YOUR OUTCOMES

UCHOOSE@STCLOUDSTATE.EDU
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@SCSUCHOOSE #SCSUCHOOSE
WWW.STCLOUDSTATE.EDU/UCHOOSE

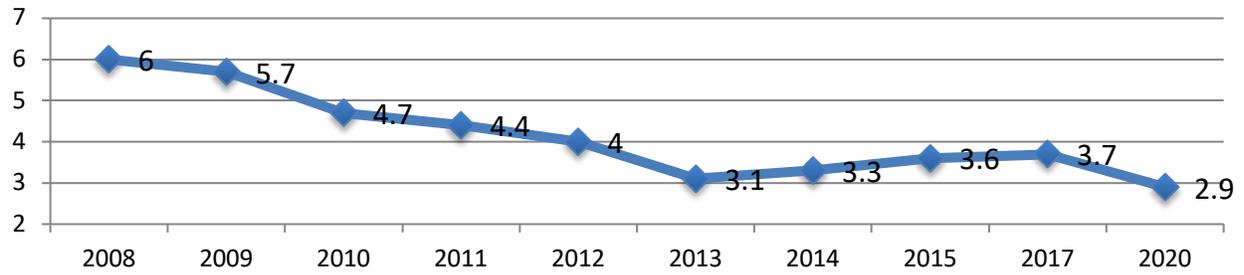


Appendix F

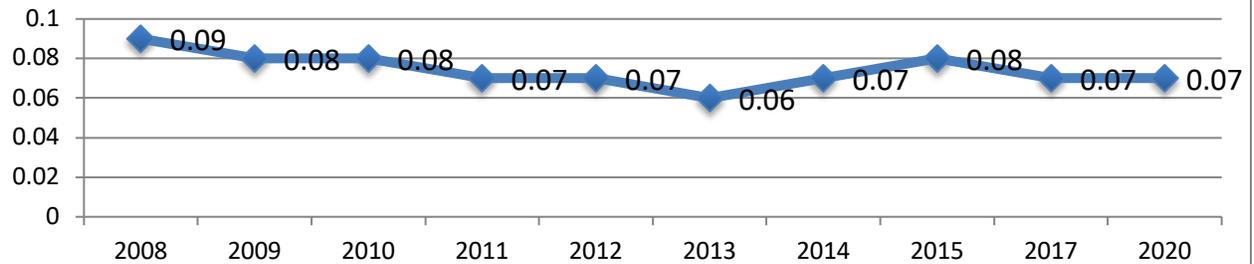
The next charts show longitudinal data collected from the annual College Student Health Survey. We utilize the data to assess alcohol and other drug related behaviors and implement appropriate prevention strategies.



Average Number of Drinks Per Week



Average Estimated Blood Alcohol Content (BAC)



Negative Consequences Due to Alcohol/Drug Use

